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Broiled Sirloin with Spicy Mustard and Apple Chutney

For chutney:

- 1 Granny Smith apple, rinsed, peeled, cored, and diced (about 1 C)
- 2 Tbsp shallots, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1/2 Cup canned no-salt-added diced tomatoes
- 2 Oz golden seedless raisins (about 1/2 C)
- 1/4 Cup apple cider vinegar
- 2 Tbsp maple syrup

For steak:

- 4 Beef top sirloin steaks, lean (3 oz each)
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 1 Tbsp olive oil

For mustard dressing:

- 2 Cup low-sodium beef broth
- 2 Tbsp Dijon mustard
- 2 Tbsp cornstarch

- 1) For the chutney, combine all the ingredients in a small saucepan. Bring to a boil over high heat, and simmer for 20 minutes or until apples are cooked and soft. Remove from the heat and hold warm, or cool and store.
- 2) For the steaks, preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 3) Season the steaks with salt and pepper, and lightly coat with oil.
- 4) Grill or broil 3–4 minutes on each side, or to your desired doneness (to a minimum internal temperature of 145 °F). Remove from the heat and set aside for 5 minutes.
- 5) For the mustard dressing, mix together beef broth, Dijon mustard, and cornstarch in a small saucepan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat, and simmer for 2–3 minutes.
- 6) Serve each steak with ¼ cup of chutney and ½ cup of mustard dressing.

Makes 4 Servings